Monday, May 5, 2014

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THE NAME'S BAUER — JACK BAUER.

24 RIFFS ON JAMES BOND WITH NEW MINISERIES SET IN U.K. — LIVE ANOTHER DAY PAGE 14

## Juggernaut Spencer West to hit London

Motivational speaker, who lost his legs at the age of five, will be among key figures at Barefoot charity walk PAGE 5

## Local Liberals racing to get ready for race

Apart from sitting MPP Deb Matthews, no candidates in the area have been selected for provincial election PAGE 6

## The man who stemmed the heartbleeding

Ontario-based Justin Bull was the first to notice that the Heartbleed bug was affecting the CRA PAGE 9

NEWS WORTH SHARING.

# Food trucks rev up their engines ahead of debate

**City bylaw.** A sneak peek at menus being planned as dialogue on street eats continues

MIKE DONACHIE
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Grab a napkin and start salivating, say food-truck operators who want to roll into London.

The city could change its bylaws to allow food trucks to park on its streets. A special meeting is set for Monday at city hall. Last week, councillors delayed a decision on allowing 12 trucks in public parking spots.

However, truck owners already have a mighty appetite.

Among them is Dustin Hill, whose Rotstein Fresswagen opens Monday. The truck will be off the road, on the same Queen's Avenue lot where the Goodah Gastro Truck has been serving gourmet grilled cheese all winter. Ultimately, though, Hill wants to hit public streets.

"Being on Queen is great, but I want to go for the bar crowd," Hill said. "If they pass the bylaw, then I can get really close to the clubs and start selling there."

He's spent about $100,000 on the truck, including $65,000 to have its interior refitted.

"I might not be able to break even with just the lunch crowd, so I might need that midnight crowd," he said.

Hill worked at the Beer Bistro in downtown Toronto and ferments his own sauerkraut using skills he learned from home brewing beer.

Also trying to offer something special is Jorge Gonzalez, who says he'll move his truck, Gonzalez Authentic Latin Food, from Chatham if the bylaw changes happen.

Originally from Venezuela, Gonzalez says people travel from as far as Kitchener to buy his "Mexican food with a South American flavour."

"Food trucks are the future," Gonzalez said. "I think the bylaw they're doing is one of the greatest things for London."

It still has to pass, though.

The community and protective services committee is set to contemplate the issue, including a limit of 12 licences awarded by lottery. Councillors will consider banning food trucks from Richmond Street to protect businesses there and reviewing the whole program in the fall.

There are also expected to be buffer zones to keep food trucks away from homes, restaurants, schools and festivals.

**On offer**

**The city's received a number of inquiries from food-truck owners, and some gave permission to have their details made public.**

- Among them is **Goodah Gastro Truck,** serving gourmet grilled cheese.
- **Dave Cook, of Fire Roasted Coffee and Habitual Chocolate,** is on the list, as is **Dee's Mini Donuts.**
- A truck described only as **"Middle Eastern food"** is being prepared.
- There are two German trucks: **Rotstein Fresswagen** and **Holey Schnit.**
- Finally, **Jorge Gonzalez of Gonzalez Authentic Latin Food** wants to move from Chatham.

## AGONY AT THE BUZZER

metro AR

**Raptors guard Kyle Lowry reacts after missing a shot just before the team's 104-103 playoff loss against the Brooklyn Nets on Sunday. Story, page 21 — plus use Metro AR on that page to see the game told in photos.** THE CANADIAN PRESS

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Charges laid

## Mounties make contraband tobacco arrests

Nine people are facing charges following a contraband tobacco investigation led by the London branch of the RCMP.

The investigation resulted in the seizure of multiple vehicles, more than $300,000 worth of raw leaf tobacco, 45 shotguns, $85,000 in cash and small amounts of cocaine, ketamine and ecstasy.

Police also seized multiple vehicles, 950 marijuana plants and more than 60 kilograms of processed marijuana.

The investigation began after Mounties received information that tobacco growers across southwestern Ontario were producing more tobacco than they're legally allowed to. The extra, police said, was being sold on the black market.

The nine people arrested face multiple criminal charges and will be making court appearances over the next few weeks. Their names have not been released.

Additional arrests are anticipated, police said.

"Contraband tobacco introduces criminal activity directly into our communities and supports the growth of an underground economy that poses as a serious threat to public safety," said superintendent Jamie Jagoe, southwest district commander for the Ontario RCMP. "Profits from the sale of contraband tobacco are often used to fund other illegal activities, such as the movement of drugs, weapons and money laundering operations." METRO

Banting House curator Grant Maltman had a little help from Darth Vader and Batman as the comic book exhibition was launched. CONTRIBUTED

# London's comic book hero of science

**Banting House.** Exhibition looks at illustrated history of insulin pioneer from three perspectives

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Comic book heroes don't always wear tights.

That's the message at Banting House, where an unusual exhibition has opened to the public, and it's no coincidence that it happened on the weekend of Free Comic Book Day.

The story of insulin pioneer Sir Frederick Banting is being told in new ways on the walls of his old home at 442 Adelaide St. N. And it all started with a very old comic book.

"We found the comic on eBay," said curator Grant Maltman. "It was published in 1941, so it's a rare first edition. It's called World Famous Heroes Magazine."

It's filled with tales of prominent U.S. citizens, but there's also the story of what it calls "Canada's hero of science."

Surprisingly, the comic book counts as the first-ever biography of Banting. The first prose book about him was published in 1946.

"In this comic, there are inaccuracies," Maltman said, "but in many ways you'd learn more than you would in a Grade 9 Canadian history class."

There, in its simple, colourful style, is the story of Banting's life and death. Sadly, the inaccuracies include describing Toronto instead of London as where the scientist was based, but that's where the exhibition comes in.

Open now, it's called "Three Stories. One Life. Banting's Biography and the Comic Book Aesthetic."

As well as the 1941 book, the exhibition includes extracts from a newspaper comic strip biography of Banting from 1965-66, and the 2002 award-winning graphic novel The Story of Frederick Banting: Duty Must be Done, by London's own Diana Tamblyn.

"There are these different interpretations of the same story that we think we know," said Maltman. "This is just a great way to introduce Banting in a different way to a completely different audience."

**Piece of history**

- Want to read Banting's story, as it was told in a 1941 comic book? Reproductions of the comic are on sale at Banting House.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

Save now on TYLENOL® Nighttime at Shoppers Drug Mart... and help put sleepless nights to rest.

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SHOPPERS DRUG MART

Prime Minister Stephen Harper talks with Fanshawe College student Spencer Schweitzer as he visits the school on Friday. THE CANADIAN PRESS

# Harper talks internships in London

**Fanshawe College.**
Harper announces funding help for 3,000 posts across Canada

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Jobs for young people and advancing Canadian industry were Prime Minister Stephen Harper's main message when he arrived in London for the first time since 2011.

Speaking at Fanshawe College, Harper announced funding Friday for "up to 3,000" paid internships in "high-demand fields." That means, using money in the federal government's Economic Action Plan 2014, post-secondary graduates will be supported as they try to get into science, technology, engineering, mathematics and skilled trade jobs.

Some young graduates are in the "classic Catch-22 situation," Harper said, on being unable to find jobs without experience and being unable to get experience without jobs.

So the government should help, he added.

Canada offers "the opportunity of a good life for everyone who wants to work," the prime minister said.

But Harper was also asked about unpaid internships as he took questions after his speech.

If paid internships are good, does that mean he's uncomfortable with unpaid internships?

He didn't answer the whole question, but he said it's right for the government to help where it can.

"We do recognize that in the marketplace there are sometimes things the government can be doing to give people more opportunity," Harper said.

The internships will be offered through the Youth Employment Program of the National Research Council's Industrial Research Assistance Program, as well as Employment and Social Development Canada's Career Focus Program.

Also at Fanshawe was Employment Minister Jason Kenney, who praised Harper for his focus on the economy.

Harper also met apprentices and toured Fanshawe with its president, Peter Devlin, and local Conservative MPs Susan Truppe, Ed Holder and Joe Preston.

Also in Harper's diary Friday were a private visit to General Dynamics, which landed a multibillion-dollar deal with the Saudi Arabian government earlier this year, and a Conservative party event at the Marconi Club.

**Praise for Fanshawe**

**"Year after year, our government has made considerable investments in Fanshawe. This college has more than earned our confidence as a place where young people can get the skills they need, so they can get the jobs they want."**
Prime Minister Stephen Harper

**More coverage**

Metro London columnist Todd Devlin weighs in on Harper's internship announcement in his Urban Compass column on page 11.

# Curiosity store closing in downtown London

One of downtown London's most unusual stores has called it a day.

Phantastica, Oddities and Curiosities — an emporium of antiques, collectables and just weird stuff — closed Saturday after a year of trying to engage the public.

Despite plenty of enthusiasm, the store at 232 Dundas St. just didn't make enough money to continue, said manager Leah Thomas.

"It's not really happening (due to) lack of interest. We have tons of regulars who I say hi to when I see them in the street.

"It's definitely part of a community, but I just don't think that London's got the money for it at the moment."

The store opened about a year ago, building on the popularity of reality TV shows like Oddities and Salvage Hunters. Owner Marvin Post, who also owns downtown's Attic Books, had owned some of the rare items on display for decades.

But there was no closing-down sale at Phantastica because Post has other plans for the merchandise. Some will be moved to his bookstore and some will be offered up for sale in a space at Memory Lane Antiques on Hyde Park Road. MIKE DONACHIE/METRO

**Quoted**

**"It's more disappointing that anything, really."**
Leah Thomas, store manager

# Project Vegas nets police $100K in drugs, 9 arrests

Nine people are facing charges after a lengthy drug-trafficking investigation led by police in Woodstock and Guelph.

Dubbed Project Vegas, police wrapped up the probe late last week, serving a combined eight search warrants in Guelph, Woodstock and Waterloo.

More than $100,000 worth of cocaine and $4,000 worth of marijuana were seized. Police also seized a 2005 Honda Civic. METRO

**The arrests**

- Brandon Wilson, 33, of Woodstock
- Leesha Morgan, 28, of Woodstock
- Jay Lambert, 33, of Guelph
- Michael Cotroneo, 32, of Guelph
- Bartlomiej Zwolinski, 30, of Guelph
- Kordian Zwolinski, 31, of Guelph
- Chad Duffet, 30, of Guelph
- Lorenzo Gruosso, 31, of Guelph
- Beata Rogowska, 29, of Guelph

## Get with the signs.
# MADD urging more 911 awareness on the road

It's as easy as picking up the phone and dialing 911: Every Londoner has the power to stop impaired driving crashes before they happen.

That's the message MADD London hopes to convey through their expanded Campaign 911 signage project.

Together with the City of London, MADD is installing five new oversized road signs, asking people to call 911 if they spot a suspected impaired driver. The signs are 4-by-8 feet, reflective and are being installed at strategic locations around the perimeter of the city for maximum impact.

Six signs were previously installed in 2013, so this brings the total to 11. Those who do see someone who appears to be impaired should pull over when it's safe to do so, call 911 and report their location, police say. Then, describe the vehicle, give the licence plate number and the direction it's headed.

**Follow the signs**

**Campaign 911 signs are being installed at the following locations:**

- Bradley Avenue West
- Dundas Street West
- Hamilton Road West
- Veterans Memorial Parkway at Highway 401
- Wonderland Road South at Exeter Road

SCOTT TAYLOR/METRO

## Raise the Bar raises money.
# Students seek to do good via social media

Two Western University students who are on a mission to shine a positive light on social media and young people have raised almost $3,000 for London's Mission Services' Rotholme Women's and Family Shelter.

The money was raised during a Thursday event at Jim Bob Ray's called Raise the Bar.

Katie Bowen, 23, and 25-year-old Anna Devorah Goorvich led the effort, tackling the social media trend of Neknominations, in which young people binge-drink while participating in extremely risky behaviour and stunts.

The students wanted to use social media to promote a healthier cause and created Raise the Bar to do so.

Mission Services' Connie Spuria said she initially was reluctant to get involved in an activity that involved a bar and drinking, but believed in Bowen and Goorvich enough to sign on to the event.

"On behalf (of) Mission Services and Rotholme, thanks to the volunteers, attendees and participants of the event for being so generous," she said.

SCOTT TAYLOR/METRO

## Come one, come all.
# London's fourth seniors' satellite now in orbit

There's more fun on offer for London's over-55s after the city opened its fourth outreach centre.

The Chalmers Seniors' Satellite is now offering recreation and leisure activities "in all dimensions of wellness" at 342 Pond Mills Rd. Those wellness programs include yoga, dance, fitness and exercise classes and activities such as board games and cards.

The Chalmers' Seniors' Satellite will operate each Friday from 9 a.m. and noon. Programs are planned with the input and suggestions of members.

Membership costs $10 per year, including tax, and includes access to programs at the satellite, a discount on Spectrum programs offered at Kiwanis and Hamilton Road Seniors' Centres and the member rate on bus trips offered by Kiwanis and Hamilton Road.

The other seniors' satellites are at Boyle Memorial Community Centre (530 Charlotte St.), East London Library (2016 Dundas St.), and the Berkshire Club (500 Berkshire Dr.).

MIKE DONACHIE/METRO

Spencer West delivers a speech to a crowd of high school students in the Halifax area as part of his We Create Change Tour on April 15.
MITCH WARD/FOR METRO IN HALIFAX

# Spencer West to make London stop

## Barefoot Walk.
Inspirational speaker to make appearance at fundraising event

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**Get involved**

- Barefoot Walk takes place in Victoria Park from 9:30 a.m. to 2 p.m. on Friday.
- As well as Spencer West, the event will feature London hip-hop performer Saidat Vandenberg, Canadian band Neverest and 11-year-old blogger and activist Hannah Alper.
- To register, visit thebarefootwalk.com.

A remarkable man is heading for London to take part in a remarkable event.

Charismatic speaker, fundraiser and campaigner Spencer West, who lost his legs when he was five years old, will be among the leading figures in London's Barefoot Walk, which has grown into a major event over its six years.

The affair is run by the London South Collegiate Institute social justice committee and began on open ground near the school. Now it's multiplied in size, welcoming more than 1,300 participants last year and raising more than $33,000 for charities including Free the Children, which helps young people in the developing world.

The walk has raised more than $130,000 since it started.

This year, more than 2,000 students from elementary and secondary schools will join in.

The Barefoot Walk invites people to walk a mile in someone's shoes — whether they have any or not. All of the money raised goes directly to supporting the basic needs of people around the world. That includes helping them acquire shoes of their own. The event will also feature live music, performers and motivational speakers, including West.

# Meet the man behind the mission

Spencer West campaigns for positive change despite major obstacles in his life.

When he was five years old, he lost both legs due to a genetic disorder.

He's now a motivational speaker who encourages people to embrace change and beat challenges.

West, ambassador for Free the Children, is travelling Canada on the We Create Change Tour, visiting 90 cities in 10 weeks, and this Friday's Barefoot Walk event is part of his visit to London.

Metro is following the tour, chronicling it with an interactive map at metronews.ca.

West's incredible achievements have included climbing Mount Kilimanjaro and, last year, an 11-day, 300-kilometre journey from Edmonton to Calgary, which he did on his hands and in his wheelchair.

"Every child has the right to education, and the students we are visiting on the We Create Change Tour share this belief and have worked hard to make this a reality for so many of their peers overseas," West said.

"I feel honoured that I have the opportunity to celebrate their fundraising efforts to build schools."

MIKE DONACHIE/METRO

# Scramble on to select London Liberal candidates

**June 12.** Urgent task for riding associations after Wynne calls an election

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Kathleen Wynne may have dropped the writ for a provincial election, but not everybody's ready for it.

Voters will head to the polls June 12, Wynne said Friday, after the New Democrats refused to support the budget her minority government proposed the day before.

Campaigning starts Wednesday officially, but before that can happen, riding associations have an important task: choosing the candidates.

And, apart from sitting MPP Deb Matthews, none of the four Liberal associations in the London area have selected a candidate.

In contrast, all the Progressive Conservative hopefuls are in place, and the NDP are missing just one candidate, in Elgin-Middlesex-London — where a selection meeting happens on Saturday.

Matthews wasted no time in getting out to talk to Londoners. A media release Saturday said she was already hitting the hustings and at least a few of her campaign signs have already cropped up.

Also moving quickly were the London West Tories, who selected Jeff Bennett as their candidate Friday.

He replaces Ali Chahbar, who's made multiple runs in the riding and in August was defeated by the NDP's Peggy Sattler in a byelection.

"For me, the reason to get involved is I feel like for several years now, Ontario has been heading in the wrong direction," Bennett said Sunday. "I don't like what I'm seeing."

Like many Conservatives, he's concerned about the province's mounting debts and wants to see spending controlled.

Bennett, who works in banking, has been involved in PC campaigning since 2007, when he supported London West candidate Allison Graham. He's had involvement in a variety of London organizations, including the advisory board for Banting House and the charity Childreach.

Now he's got a lot of doors to knock. He's putting together a campaign team and setting up an office.

"We've got to hit the ground running," Bennett said. "It feels like a sprint. It's only five weeks. But I'm excited about that."

**Local candidates**

- **London West.** NDP: Peggy Sattler (incumbent); PC: Jeff Bennett; Liberal: Not yet selected
- **London North Centre.** NDP: Judy Bryant; PC: Nancy Branscombe; Liberal: Deb Matthews (incumbent)
- **London-Fanshawe.** NDP: Teresa Armstrong (incumbent); PC: Chris Robson; Liberal: Not yet selected
- **Elgin-Middlesex-London.** NDP: Not yet selected; PC: Jeff Yurek (incumbent); Liberal: Not yet selected

## Anime-zing talent on show as superhero love hits London

Hundreds of people flocked to downtown London stores on Saturday to get their hands on free merchandise and show some of their superhero finesse during Free Comic Book Day. Among the offerings was a chance to watch illustrators, like Allison Del Vecchio, at work. Vecchio, pictured here at anime store Neo Tokyo (787 Dundas St.), lives in London and travels to various fan expos to share her art. Check oceantann.com for a look at her creations.

ANGELA MULLINS/METRO

# Poll. Tories lead; Liberals poised to form government

The New Democrats' decision to topple the Liberals and force a June 12 election appears to be backfiring, the first poll of the campaign suggests.

While the Progressive Conservatives lead in the Forum Research survey, the Liberals are poised to form another minority government due to the efficiency of their vote.

The poll showed Tim Hudak's Tories at 38 per cent, Kathleen Wynne's Liberals at 33 per cent and Andrea Horwath's New Democrats at 22 per cent. Mike Schreiner's Greens came in at six per cent.

Forum found 48 per cent of respondents approved of the Liberal's fiscal blueprint, tabled Thursday at Queen's Park. The plan included a new Ontario Retirement Pension Plan and a tax increase on the top two per cent of earners.

Forum president Lorne Bozinoff said extrapolating the polling results would see the Liberals winning 49 seats in the 107-member legislature, the Conservatives taking 45, and the NDP holding 13.

At dissolution, there were 48 Grit MPPs, including Speaker Dave Levac, 37 Tories, 21 New Democrats, and one vacancy.

"We still see a lot of bias in the seat-distribution model toward the Liberals," Bozinoff said, noting the Conservatives pile up in votes in rural areas while the Liberals do better in urban Ontario.

Bozinoff said he was "really surprised at the hit that Andrea Horwath has taken in personal approval."

Horwath came in at 36 per cent in the new poll, compared to 34 per cent for Wynne and 26 per cent for Hudak. However, in last month's Forum poll, she was at 40 per cent.

TORSTAR NEWS SERVICE

**Forum Research poll**

- **Method.** Using interactive voice-response phone calls, Forum surveyed 1,845 people across Ontario on Friday and Saturday.
- **Accuracy.** The results are considered accurate to within two percentage points, 19 times out of 20.

# Repairs. Work closes Wharncliffe intersection

The Wharncliffe Road and Riverside Drive intersection will be closed for at least part of Monday as crews make emergency repairs to a storm sewer.

Riverside Drive traffic heading east towards downtown will be detoured north at Woodward Avenue over to Oxford Street.

Wharncliffe Road traffic headed north, Riverside Drive traffic headed west and Wharncliffe Road traffic headed south will only be able to turn right.

The city is asking people to steer clear of the intersection to avoid traffic delays. METRO

# Nine acrobats seriously injured in aerial stunt

**Rhode Island.**
Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.
TARA GRIGGS/THE ASSOCIATED PRESS

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS

## Thousands gather for Sao Paulo Gay Pride Parade

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

# First openly gay U.S. Episcopal bishop to divorce husband

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70 million-member Anglican Communion.

Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

THE ASSOCIATED PRESS

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2011 Civic EX-L - 50,335Km (E0227A) $16,200.00
2011 CR-V EX-L - 41,726Km (E0603A) $25,000.00
2012 Civic Si - 70,039Km (UC2196) $19,000.00

680 Oxford Street West (just west of Wonderland Rd)

Limited time lease & finance offers are from Honda Canada Finance Inc. (HCFI), On Approved Credit. *Prices shown are MSRP, Freight, PDI are not included. The bi-weekly lease offers apply to a new 2014 Civic Sedan DX with manual transmission/2014 Fit DX with manual transmission/2014 CR-V LX 2WD/2014 Accord Sedan LX with manual transmission /2014 Crosstour EX-L /2014 Odyssey LX /2014 Pilot LX /2014 Ridgeline DX, for a 60-month period, for a total of 130 payments of $85/ $67/ $135/ $125/ $242/ $178/ $214/ $217 leased at 1.99%/ 0.99%/ 1.99%/4.99%/ 2.99%/ 2.99%/ 3.99% APR. 120,000 kilometre allowance (12 cents/km excess charge applies). Consumers may pre-purchase up to a maximum of 16,000 extra km/year at $0.08/km at the time of entering into the lease agreement. Total lease obligation is $11,038.69/ $8,703.36/ $17,539.47/ $16,204.28/ $33,100.32/ $23,068.50/ $27,777.10/ $31,736. Lease obligation includes freight and PDI of $1,495/ $1,495/ $1,695/ $1,695/ $1829/ $1,895/ $1,895/ $1,829 and applicable fees except PPSA lien registration fee and lien registering agent fee (fees may vary by region) which are due at time of delivery. No down-payment required. Taxes, insurance, licence and registration fees are extra. Dealer may lease for less. Bi-weekly leasing available on terms of 48 months or greater. Offer subject to change or cancellation without prior notice. Offer valid on new in-stock 2014 vehicles. While quantities last. Visit Wesgate Honda for more details.
HONDA

A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

# Pro-Russian activists free jailed comrades

**Ukraine.** Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

THE ASSOCIATED PRESS

**Canada-Russia relations**

## *Canada imposing sanctions*

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. THE CANADIAN PRESS

# Unsung hero of Heartbleed scare

**Justin Bull.**
Self-described cyber-security nut was the first to notice the CRA website's vulnerability

SAM SMITH
For Metro in Vancouver

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cyber-security nut was the first to notice "Heartbleed" affecting the Canadian Revenue Agency (CRA), beating out their own cyber-security officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said. "On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them and see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax deadline extension was released.

Justin Bull CONTRIBUTED

A good thing, too, as Bull used the deadline to get his taxes in on time for the first time in years.

"I've had friends buy me a couple beers because of the extension as well," Bull said.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

## Lost ships commemorated

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the single longest battle of the Second World War. FRED CHARTRAND/THE CANADIAN PRESS

Young blood, literally

## Injections improve vitality of older mice

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people.

Researchers worked with mice that were roughly the equivalent of people in their 20s and 60s. They repeatedly injected the older mice with blood from either the younger animals or other aged mice.

Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. THE ASSOCIATED PRESS

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# Feeling like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

**Momentum** stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

**Growth** stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

**Value** stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

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## Bed, bath and beyond up high

**Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about $21,000 US from Abu Dhabi to London — one way.**

THE ASSOCIATED PRESS

## Powerade. Still gives your game some flavour, minus brominated vegetable oil

Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. THE ASSOCIATED PRESS FILE

A controversial ingredient is being removed from some Powerade sports drinks in the U.S., after the chemical was also taken out of rival Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union. THE ASSOCIATED PRESS

# STEPHEN HARPER'S BACK PROBLEMS

URBAN COMPASS

**Todd Devlin**
london@metronews.ca

Don't worry, soon-to-be university and college grads, Prime Minister Stephen Harper has your backs.

During his trip to London on Friday, the PM visited Fanshawe College and announced that the federal government has budgeted $40 million for a new program that will help fund paid internships for post-secondary school graduates. That's not a typo, folks. Under the program, individuals with university and/or college degrees or diplomas will actually be paid for the work they do in their first job.

I know, it sounds like a concept from the '70s or something. After all, today's graduate has come to accept the fact that slave labour is often required in their field of work. Heck, this might feel like Christmas for thousands and thousands of new grads in the next two years.

Actually, scratch that.

It's going to feel good for a few of them. The new program is going to support paid internships for just 3,000 university and college grads in "high-demand" fields such as science, technology, engineering and the skilled trades.

In 2011, about 461,520 students graduated from Canadian post-secondary institutions. Using my university math, the new program would have helped about 0.0065 per cent of those grads. Even fewer would have been helped last year, when there were closer to 500,000 new grads.

In other words, if Friday's $40-million announcement was about tackling the unpaid internship epidemic in Canada, the result was the equivalent of putting a Band-Aid on a gaping puncture wound.

But I don't think that's what Friday's announcement was about. If the Conservative government had any real interest in addressing the exploitation of thousands of Canadian graduates working for free, they'd make policy changes. But Harper said on Friday that the federal government doesn't want to meddle in the job marketplace. What that means is that besides the 0.0065 per cent who will benefit from the government's new paid internship program, many other new grads will continue to be "hired" into jobs where they earn less than a 13-year-old babysitter despite holding a post-secondary degree.

Friday's announcement was, more than anything, about responding to the ever-growing displeasure about how young workers are being taken advantage of. It was the same response that Harper's Conservatives mustered recently when they came under fire for abuses of the Temporary Foreign Worker Program.

In both cases, the Canadian worker is drawing the short end of the stick, often forced to work for non-living wages. And in both cases, the government has done nothing to address the conditions until forced to by outside pressures.

So despite the photo op at Fanshawe, Stephen Harper definitely does not have your back.

In fact, it looks like you're going to have to stitch up that wound yourself.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

## Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

### Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

### Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly.
THE CANADIAN PRESS

**High toll**

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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ANDREW FIFIELD
metronews.ca

**British Pathé has been creating and archiving film for decades, capturing events that have shaped our the world as we know it: from battles of the First World War to the Hindenburg to the Canadian tour of Princess Elizabeth in 1951.**

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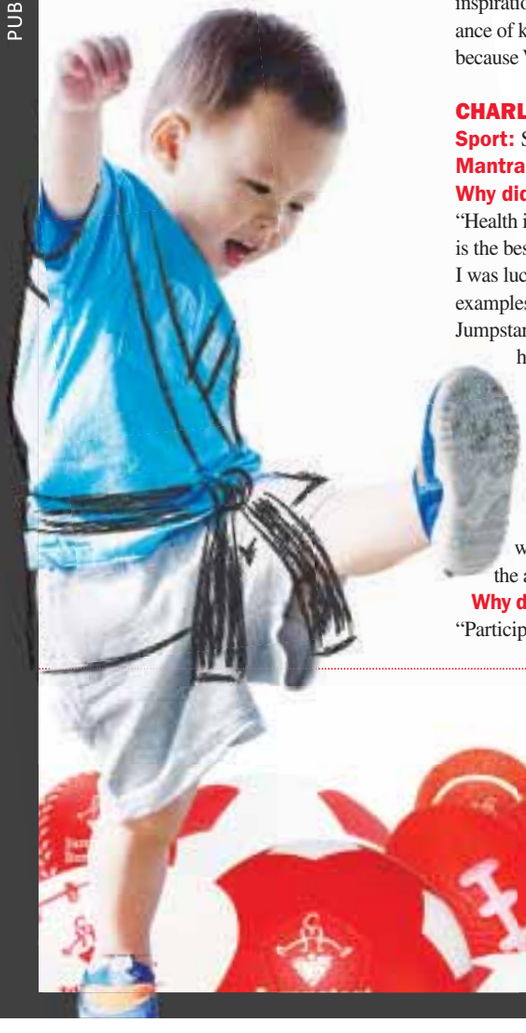
# ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.



### CHARLES HAMELIN

**Sport:** Speed skating
**Mantra:** Have fun doing it and play fair.
**Why did you partner with Jumpstart?**
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

### MAËLLE RICKER

**Sport:** Snowboard cross
**Mantra:** If plan A doesn't work, there are 25 other letters in the alphabet.
**Why did you partner with Jumpstart?**
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

### ROSIE MACLENNAN

**Sport:** Trampoline
**Mantra:** As long as I breathe.
**Why did you partner with Jumpstart?**
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

### BENOÎT HUOT

**Sport:** Paralympic swimming
**Mantra:** Never give up on your dreams and make every day count.
**Why did you partner with Jumpstart?**
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

### JONATHAN TOEWS

**Sport:** Hockey
**Why did you partner with Jumpstart?**
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

### MARK MCMORRIS

**Sport:** Snowboard
**Mantra:** Give'r!
**Why did you partner with Jumpstart?**
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

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# LEARNING TO DANCING WITH CONFIDENCE

New immigrants to Canada face many difficulties: Learning a new language, finding an adequate job, adapting to a new culture and finding social resources to support their transition. When two-year-old Madison moved to Canada in 2011, she and her family saw these difficulties first-hand.

Madison's grandmother, Sharon, had migrated to Canada from her home in Trinidad 13 years ago looking for a fresh start. When Sharon's daughter Jayme gave birth to Madison in 2009, Sharon urged Jayme to bring Madison to Canada to be closer to their family and to have more opportunities.

"I knew this baby was smart and bright and wanted to give her a better life," Sharon tells Jumpstart.

It took two years, but Sharon was able to sponsor her daughter and granddaughter and, in 2011, they were reunited in their new hometown of London.

Sharon was over the moon to be reunited with her family but now had a financial burden of taking care of her daughter Jayme and granddaughter Madison who were now living with her. Sharon says Madison was a very friendly and outgoing child but was nervous living in a new home.

"My granddaughter is a very bright little girl who loves music and dance; she gets bored easily and must be entertained," Sharon says. "I heard of Jumpstart and thought I should apply as winter is coming and Madison would be stuck in the house."

With Sharon working, Jayme in school, winter approaching and Madison now four years old, it was more important than ever that Madison be enrolled in extra-curricular activities.

Sharon heard about Canadian Tire Jumpstart and how they help kids from financially disadvantaged families between the ages of four to 18 by assisting with the costs associated with registration, equipment and/or transportation for sports and physical activity programming. When Sharon learned about Jumpstart, she called 1-877-616-6600 and was directed to her local Jumpstart chapter representative, Christina, at the YMCA in London. Christina walked Sharon through the application process and worked with her to find a dance school that was best suited for Madison.

A season of dance later, Sharon has already seen a change in Madison. She is now more confident and comfortable in her new home.

Participation in sports and physical activity programming offers many benefits for kids that will improve their chance for success in life. Kids who get the chance to participate develop a sense of belonging to the community, make friends, develop life skills such as confidence and teamwork, and learn to live healthy, active lives.

You can help kids like Madison get in the game by supporting the Jumpstart Red Ball campaign. Throughout May, head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports or Gas+ location and donate $2 in exchange for your own Jumpstart Red Ball, which represents the gift of play. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

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SCENE 2

**Ebooks**

## Mom in the Movies

**By.** Richard Corliss

**Kindle/iBooks/Kobo**

**MIND THE APP**
Kris Abel
@RealKrisAbel
scene@metronews.ca

Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

**Box office**

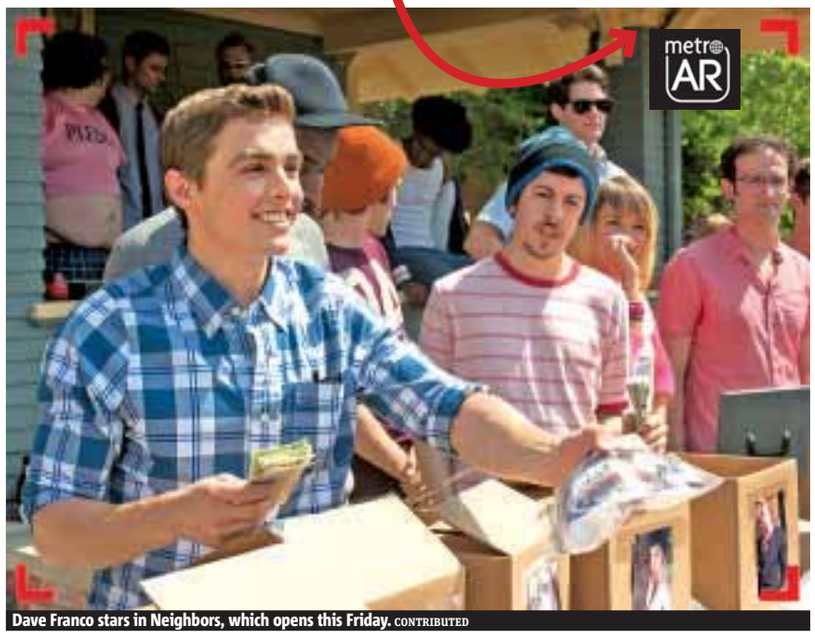
## Spider-Man nets $92 million

The Amazing Spider-Man 2 debuted with $92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with $14 million. THE ASSOCIATED PRESS

# What's it like being chased by fan girls?

**Neighbors.** Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

**NED EHRBAR**
Metro World News in Hollywood




Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

**Animal House aside, you don't normally see frat guys depicted in a positive light.**
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

**You were never in a frat, right?**
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look back and I can't believe that I participated in any of it, but at the time it was incredible.

**There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?**
To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

# Bauer is back — this time on James Bond's turf

**24: Live Another Day.** Kiefer Sutherland reprises his role as the super agent in 12-episode miniseries

Jack Bauer is no James Bond.

He wears a sweat-stained T-shirt instead of a Tom Ford suit. There is no jazzy musical theme song when he walks in the door, just the ominous countdown of that thudding clock. And unlike the imperturbable Bond, Bauer seems perennially shaken, stirred and mightily pissed off, especially when it comes to terrorists.

In 24: Live Another Day, Canadian Kiefer Sutherland reprises his role as the bedraggled super agent. And this time he's working on Bond's turf; the action takes place in London. And the title, Live Another Day, echoes the Pierce Brosnan Bond of Die Another Day.

But this is not the London of postcards: There are few tourist shots of Big Ben or the Tower of London. Nor is there a blow-dried Brosnan in sight. Much of it could have been shot in any industrial borough in the westernized world. But it is a fitting backdrop to the older, wiser and now even more grizzled Bauer. The action takes place four years after the end of Season 8. Bauer is a fugitive wanted by both the American and Russian governments.

The American president is in London for high-level talks, and Bauer's former employer, the CTU (Counter Terrorist Unit), is hunting him. As with prior 24 seasons, the two-hour premiere of the 12-episode miniseries (Monday at 8 p.m. on Global and Fox) mixes current events with flashpoint topics. The script blends in the controversy over the use of drone warfare with shades of WikiLeaks and Edward Snowden.

Jack Bauer is taking his smack-down ways to London. CONTRIBUTED

TORSTAR NEWS SERVICE

Johnny Weir

## Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinksi, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof," she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth $10 million, though Weir has refuted that. METRO WORLD NEWS

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Pop goes the week**

## *How many new Coldplay songs will it take to mend a broken heart?*

STARGAZING
Malene Arpe
scene@metronews.ca

**Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow.** In that he really wanted to get away from her.

**Rumours persist that Gordon Ramsay recently got a second hair transplant.** Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

**Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that."** Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

## Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life. According to the Hollywood Reporter, the Argo actor was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

Ben Affleck

The Reporter also mentioned that Affleck won a reported $800,000 US in 2001 playing the same game at the same casino. METRO WORLD NEWS

## It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series Scandal. The show's third season was cut short after the 37-year-old actress became pregnant. THE ASSOCIATED PRESS

Kerry Washington

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LIFE 3

# Five more reasons we often find ourselves in Debt Hell

**Debt's a losing game.**
And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

### Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

Gambling can put you on a slippery slope toward financial disaster. ISTOCK

### We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

**Choices, choices, choices**

**Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.**

### Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

### Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

### Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.**

# Got any wedding guest horror stories?

**This author has more.**
Jen Doll wants to save you from getting egg on your face at your friends' nuptials

Before you spend money on a dress you'll never wear again, before you scroll down a list of wedding registry gifts just looking for something in your price range — and most importantly, before you weed through your list of Facebook friends looking for someone hot enough you can ask to be your date without it being too weird — read these tips from Jen Doll, author of Save The Date.

She's been to more than her fair share of weddings, has seen it all and is here to save you from any wedding-guest mortification you are unknowingly setting yourself up for.

### Don't make out with anyone related to the bride

"If you're single, you can flirt or make out with anyone you are attracted to who is also single ... as long as they aren't a relative of the bride," she says. Let Doll, who has seen her fair share of disastrous wedding hookups — and even had some of her own — save you from doing something you'll regret the next day. "The price of paying for it is too great with the awkwardness and potential apologies waiting to be made," she warns.

### And that goes for the cater waiters too

Even if the hottest people at the reception at the ones keeping your wine glass full, Doll says it's best not to flirt with the wait staff. "They're there to serve you, so they have to be nice to you. It's a bit ungenerous to put them in that spot," she says. If it really seems like true love, Doll recommends exchanging digits and hanging out at a later date.

### Don't do shots

The open bar isn't going to shut down, so there's no need to rush to the bar and start the day with tequila shots. When it comes to boozing it up at a wedding, take it slow. Doll has a whole section in her book devoted to the dangers of the open bar, so learn from her mistakes.

### Don't bring a date just so you're not alone

There are definitely times when you should bring a date to a wedding, like when you're married or dating someone you like being around and who your friends like being around, too. But there are times when it's better to go solo, even when you'd rather not. "If you're going to be seeing a lot of old friends and it's like a reunion, it might be best to go alone," Doll explains. You don't want to be stuck explaining who every person you name-drop is to your date, who will probably be bored, anyway.

**EMILY LAURENCE/METRO WORLD NEWS**

# Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

**FLASH FOOD**
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Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink. If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, swordfish or halibut.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

**Nutritional information**

Per serving

- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

**Ingredients**

**Salsa**
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

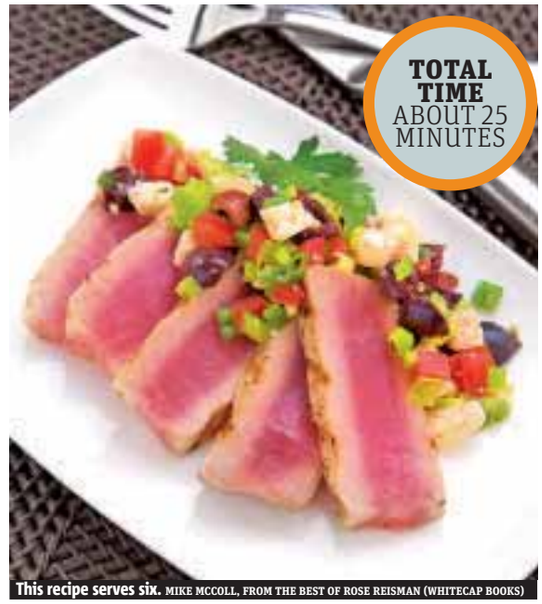
**Tuna**
- 6 tuna fillets (about 6 oz each)

**Garnish**
- 1/4 cup chopped fresh basil

## Directions

**1.** To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

**2.** Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**




**This recipe serves six.** MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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# UNDERSTANDING MENTAL ILLNESS

## ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

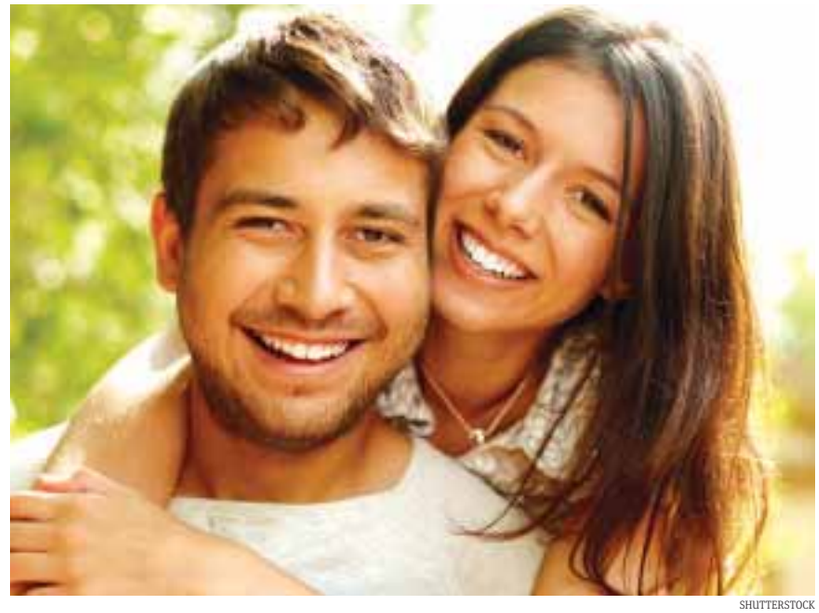
Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

*– Pippa Wysong*

### *BY THE NUMBERS*

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

*Source: Public Health Agency of Canada*



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# A good start to combat PTSD is asking for help

## *Effects can linger for months, even years*

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

*– Pippa Wysong*

SHUTTERSTOCK

# Started from the bottom, now she's here: From dumpster dives to a biz that thrives

**All you Nasty Gals.**
Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a $100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

**Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?**
If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

**You don't give steps or a plan to readers on how to be successful. Why is that?**
I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

## Nuts to male dominance

> "I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."
>
> **Sophia Amoruso,** CEO of Nasty Gal on male dominance in the workforce

**What do you want to accomplish with your book?**
The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

**Why did you want to write #GIRLBOSS?**
There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

**Do you have any tips for young women who feel directionless and don't know what they want to do yet?**
You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

**Do you regret living the wild life when you were hitchhiking and shoplifting?**
That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

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# Overnighters. Wake up to a new experience

Attending an overnight camp is seen as beneficial for a child's growth. RACORN/SHUTTERSTOCK

Is this your child's first year at a sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

**Know it helps them**

The Canadian Summer Camp Research Project was recently completed out of the University of Waterloo and it's a three-stage process interviewing camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

**Start slow if you need to**

Many sleepaway camps start at the age of eight years old.

"But some camps do a shorter overnight — so a two-night, three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are familiar with where they are going, it's not so scary to go away on their own."

**Buddy up**

"It's certainly easier on the kids if they go with a buddy," Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

**FYI about the counsellor**

Don't forget to reiterate to your child that their counsellor will understand what to expect at camp.

ASTRID VAN DEN BROEK

# Focus on your child's interests

ASTRID VAN DEN BROEK
For Metro

There's baking camp. French camp. Soccer camp. Swim camp. How exactly can you pick what's right for your child? Here's how to figure out where is the best place for your child to spend their sweet summer days.

**Ask around**

Ask neighbours and other parents for camp recommendations. "Often that's your best bet, to get a first-person recommendation from somebody," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association.

You may even want to ask at your child's school — some home and school associations collect recommendations and put out lists of suggested camps. Some teachers even run camps in the summertime.

**Get your child involved**

"Bring them into the discussion about the types of programs they may be interested in," says Derek Mitchell, president of the Halifax-based Camping Association of Nova Scotia & Prince Edward Island. Sounds obvious, but not all parents do it.

**Consider their interests**

"If they are interested in something — a lot of girls, for example, want to go to horse camp — then you can pick, more specifically, a camp where they'll spend a lot of time with horses," Dell'Anno said.

NBA playoffs

## Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games. THE ASSOCIATED PRESS

The Spurs' Manu Ginobili drives around the Mavericks' Monta Ellis on Sunday. THE ASSOCIATED PRESS

NHL playoffs

## Rookie fitting in well with Bruins

With just seven NHL playoff games under his belt, young Bruins forward Reilly Smith already has two winning goals. Not to mention the trust of coach Claude Julien.

"He plays like a veteran," Julien said of the 23-year-old winger from Toronto. "And you know he's very calm in those kind of situations. You don't see him make too many big mistakes, because he's a smart hockey player."

Smith and linemates Patrice Bergeron and Brad Marchand combined for two goals and three assists Saturday in the Bruins' 5-3 comeback win over the Canadiens, with Smith rifling the winner with 3:32 remaining. THE CANADIAN PRESS

Keeping up the pressure

**"We can't sit back and try to protect a lead."**

**Canadiens defenceman Josh Gorges.** The Habs wasted a 3-1 advantage as the Bruins scored four times in the last 9:04 of the third period for a 5-3 win in Game 2 on Saturday afternoon. The Bruins visit Montreal for Game 3 on Tuesday night.

# Nets suppress Northern Uprising with Game 7 win

**NBA playoffs.** Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. THE CANADIAN PRESS

Uncertain future

**Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.**

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.
RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

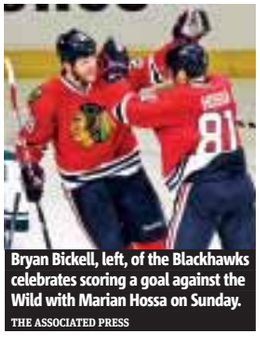
**"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here."** Raptors coach Dwane Casey

**"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."**

**The Nets' Paul Pierce** on the Raptors and their fans at the Air Canada Centre.

**"I can sleep at night knowing he took that shot. I can live with that."**

**Raptors swingman DeMar DeRozan** said Kyle Lowry was the right man to take the final shot for the team.



Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday.
THE ASSOCIATED PRESS

# Wild in a pickle thanks to Bickell

Bryan Bickell had a goal and two assists, and the Chicago Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals.

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves in another solid performance.

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night.

Game 3 is Tuesday night in Minnesota.

Clayton Stoner and Erik Haula made nice passes to set up McCormick's first playoff goal in three years two minutes into the third, trimming Chicago's lead to 2-1. Crawford then batted a potential tying shot from Charlie Coyle over the crossbar.

The Blackhawks eventually regained their composure and turned up the pressure again. Bickell buried a shot into the upper right corner at 17:15 before Saad added an empty-net goal. THE ASSOCIATED PRESS

4 SPORTS

Blue Jays centre fielder Colby Rasmus hits a second-inning grand slam in front of Pirates catcher Chris Stewart on Sunday in Pittsburgh. THE ASSOCIATED PRESS

# McGowan helps Jays stop bleeding

**MLB.** After consecutive collapses, Toronto holds onto lead to avoid sweep in Pittsburgh

**On Sunday**

| Blue Jays | Pirates |
|---|---|
| 7 | 2 |

Toronto Blue Jays manager John Gibbons said he sat awake in his Pittsburgh hotel bed Saturday night, thinking about his bullpen's recent problems. He even addressed his group of relievers Sunday morning.

Dustin McGowan made those worries a non-factor, at least for a day.

McGowan pitched three-hit ball for seven innings, Colby Rasmus hit a grand slam and Melky Cabrera added a two-run homer as the Blue Jays beat the Pittsburgh Pirates 7-2.

"We had to have that one," Gibbons said.

McGowan (2-1) allowed one run, striking out five and throwing 101 pitches.

It was the second straight quality start for McGowan, a diabetic who started wearing an insulin pump on the mound in his last start.

"My blood sugar still gets erratic sometimes," he said. "But that's part of the game for me. With the adrenalin going and everything, it does what it wants to do. I can't control it sometimes."

McGowan eclipsed the 100-pitch mark for the first time since June 27, 2008.

"That's two outings wearing that pump," Gibbons said. "Maybe there's something to that."

The Jays held on to this lead after wasting a 5-3, ninth-inning edge in the opener and a 5-0, fourth-inning advantage on Saturday. THE ASSOCIATED PRESS

Tigers starting pitcher Justin Verlander delivers to the Royals on Sunday in Kansas City, Mo. ORLIN WAGNER/THE ASSOCIATED PRESS

## V for Verlander as Tigers extend streak

Justin Verlander took a no-hit bid into the sixth inning and won his fourth straight decision, leading Detroit over the Kansas City Royals 9-4 Sunday and extending the Tigers' winning streak to a season-high five games.

Billy Butler singled to right on a 1-2 pitch with two outs in the sixth, leaving him with a .432 career average in 74 at-bats against the Detroit ace.

Verlander (4-1) allowed three runs, four hits and four walks in seven innings with seven strikeouts. Jarrod Dyson hit a two-run triple in the seventh and scored on a sacrifice fly by Nori Aoki, who walked his first three times up.

Verlander pitched no-hitters against Milwaukee in June 2007 and versus Toronto in May 2011.

THE ASSOCIATED PRESS

## Hockey. MacKinnon keeps following in Crosby's Team Canada footsteps

Like Sidney Crosby in 2006, Nathan MacKinnon will get a taste of Team Canada at the world championships at the age of 18.

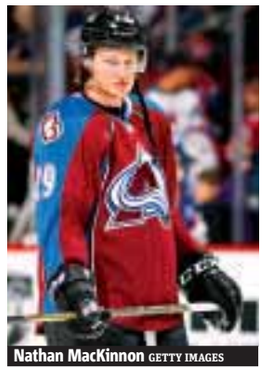
MacKinnon, who shares Cole Harbour, N.S., as his hometown with Crosby, was one of three players added to Canada's worlds roster Sunday, along with Brayden Schenn and Matt Read of the Philadelphia Flyers.

The Colorado Avalanche rookie and 2013 No. 1 pick had two goals and eight assists in his first career Stanley Cup playoff series.

Crosby starred at his first world championships, putting up eight goals and eight assists in nine games in Latvia in 2006.

David Perron of the Edmonton Oilers pulled out of the tournament with a hip injury.

The IIHF world championship begins Friday in Belarus, as Canada opens against France. THE CANADIAN PRESS



Nathan MacKinnon GETTY IMAGES

## NBA playoffs. Clippers fly in face of distractions

The Los Angeles Clippers initially were reeling after the racial comments by owner Donald Sterling that got him banned from the NBA for life.

The team unified and rallied to beat the Golden State Warriors in seven games, setting up a Western Conference semi-final against Kevin Durant and the Oklahoma City Thunder that starts Monday.

"For us, it's basketball," Clippers point guard Chris Paul said Saturday night after the Clippers' 126-121 win. "I think it just showed our will, our fight, and more so than getting through all that, it was getting through tonight."

The Thunder fought through a different kind of challenge — a familiar foe with a difficult style. Oklahoma City survived a grind-it-out series against the Memphis Grizzlies and prevailed in seven games.

THE ASSOCIATED PRESS

**Success under duress**

**"Had we lost this game, it wasn't like they were going to let us go to the next round because of what we've been through."**

Clippers point guard Chris Paul

**Golf**

### Holmes gets first tour win since brain surgeries

More than two years after going through brain surgery, J.B. Holmes is a winner again on the PGA Tour.

Holmes made it harder than he needed to on the final hole at Quail Hollow until rapping in a three-foot bogey putt for a 1-under 71 and a one-shot victory over Jim Furyk in the Wells Fargo Championship.

Holmes was diagnosed in 2011 with structural defects in the cerebellum known as Chiara malformations, and he had surgery twice — once to remove a piece of his skull, and a second because of an allergic reaction to the adhesive on the titanium plate at the base of his skull.

THE ASSOCIATED PRESS

J.B. Holmes GETTY IMAGES

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

### ♉ Taurus
**April 21 - May 21**
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

### ♊ Gemini
**May 22 - June 21**
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

### ♋ Cancer
**June 22 - July 23**
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

### ♌ Leo
**July 24 - Aug. 23**
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

### ♍ Virgo
**Aug. 24 - Sept. 23**
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

### ♎ Libra
**Sept. 24 - Oct. 23**
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

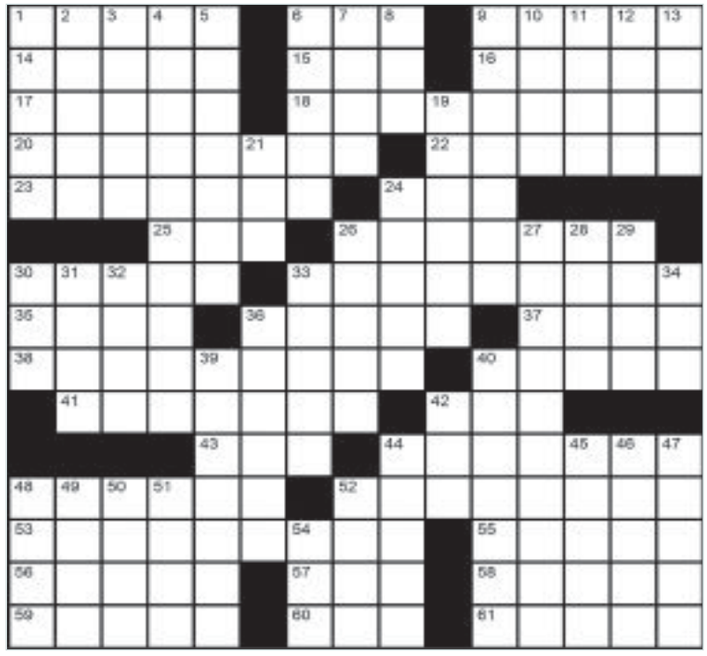
### ♓ Pisces
**Feb. 20 - March 20**
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



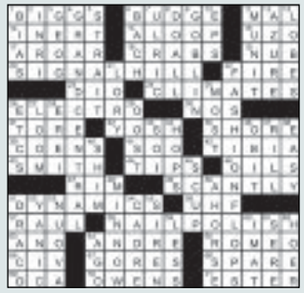
**Across**

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "...__ __ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White __ __" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

**Down**

1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose _ __ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 3 | 9 | 4 | 8 | 7 | 6 | 2 |
| 7 | 4 | 8 | 5 | 6 | 2 | 3 | 9 | 1 |
| 9 | 6 | 2 | 3 | 7 | 1 | 4 | 8 | 5 |
| 4 | 2 | 7 | 8 | 5 | 9 | 6 | 1 | 3 |
| 8 | 5 | 6 | 7 | 1 | 3 | 9 | 2 | 4 |
| 3 | 9 | 1 | 6 | 2 | 4 | 8 | 5 | 7 |
| 1 | 8 | 4 | 2 | 9 | 7 | 5 | 3 | 6 |
| 2 | 3 | 5 | 4 | 8 | 6 | 1 | 7 | 9 |
| 6 | 7 | 9 | 1 | 3 | 5 | 2 | 4 | 8 |

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